

Selections from the Danger of EVP Recording Blog



-B. Edwards

Astral Entity Attachment : 8/26/2020

I was just sitting outside having a cigarette and a cup of coffee when I began to really pick up on the chatter of this entity attachment (Crystal). It was a lovely day out. Bright, sunny and warm, but not humid. Cars were going by, people were going by. The environment was filled with the regular every day sounds of the world. Yet, through these sounds this voice jumped out at me. Well, I should say certain words jumped out at me. When I hear Crystal's voice, especially when I'm in an environment that's a bit noisy, depending on the nature of the noise, often it's just certain words that she says that jump out at me like this. By this I mean I'm not hearing complete sentences with the same clarity and the same volume. Certain words or certain brief phrases will jump out at me so to speak, and I'll catch that.

Sometimes it seems like her voice becomes entangled with the sounds of the everyday world. Or sometimes it seems like her voice becomes entangled with my own thoughts. It's strange, but sometimes it seems like she's in my head or internal in a sense, but also on the outside or external at the same time. Her voice is very recognizable to me, I would even go so far as to say it's extremely recognizable to me. At times it may have a different tone or characteristic to it, such as being higher pitch or sometimes whispery, but I can still tell it's her. After all, I've been hearing this one particular voice every single day since March 2015. In fact, I was hearing her voice a month before that, while I was still doing my EVP recordings. That's when I heard her voice for the first time. Her voice sounded the same on those recordings as it does now when I hear her through this hijacked clairaudience. The voice has never changed in that regard.

Her voice to me still seems like that of a young woman, perhaps in her late teens or in her 20s. However, I do not assume that this is who she is or who she was (if she was ever a human living on the earth), solely by how her voice sounds to me. There is much about her mannerisms that leave me wondering if she truly

is of human origin. There is much about her that just seems so very different, even alien to me.

As I've written about before, she doesn't stick to the same story about herself. She does not assume one identity and stick with it. Instead, she likes to keep me guessing about this. She's turned it into a mind game. She's very crafty at adding elaborate details to her stories. So, I can't even say that one of her stories is more convincing than another. In truth, I simply can't gauge her at all. She remains a complete mystery to me. I'm not even sure if she is really a she. But, her voice has always sounded to me like that of a young woman. This has been true going back to when I was recording EVP in 2015. It was only a little over two years ago now, that she began using the name Crystal. More recently, I've heard her say a few times that Crystal would be the closest translation of her name in a human language. So, she always has something to say that leaves me more puzzled.

What I do know is that she is very real. She is not a figment of my imagination. If anything, in the past few months the physical sensations that I experience have become even more pronounced than they were in the early days of my attachment situation. It's hard to describe, but I would say that recently I have observed her materializing into our physical plane more than she ever had in the past.

Sometimes at night, I will feel her presence moving around on my body and I believe that I can perceive these little arms, or fingers, or little feet. It is no longer a sensation without form. There seems to be some kind of form materializing there, though it is a form that is not very recognizable to me. I could even say that there's something very alien about it. However, who knows if this is her actual form at all. Perhaps, just as she can change her stories around, perhaps she can also create a scenario where I can perceive her in different ways with these sensations that she causes me to experience. Perhaps she can change her shape and form. I believe that she can based on what I've experienced. But, this is just my opinion for now, as I said, she still remains a complete mystery to me.

I Chose Not To Move An Inch

Last night as I lie in bed awaiting sleep, I felt “the presence” of this entity attachment (Crystal) in quite a pronounced manner. I was lying on my back when all of a sudden I felt “the presence” land directly on my chest.

Though the weight of this presence seemed slight overall, it was very noticeable to me. While I was feeling this presence on my chest, I was also hearing the familiar female sounding voice.....that is Crystal’s voice. The voice and the physical presence were one and the same. I knew this right away.

I didn’t know how to react at first. I hear Crystal’s voice and experience bodily sensations practically every night. Perhaps I am simply past the point where I toss and turn in some kind of futile effort to avoid it. No matter which way I turn, the sensations will start right back up again. So, as I lie in bed last night, feeling this very noticeable presence on my chest and also hearing the voice of the being who has been “the main intruder” throughout my attachment situation, I wondered what I should do. Should I move? Would I be more comfortable then and more likely to fall asleep faster? Maybe this would be the case. Yet, I chose not to move an inch.

I didn’t decide on this course of action out of consideration of feeling comfortable. Rather, I wanted to remain perfectly still in the hope that I may be able to gauge the nature of this invisible entity whose very presence I was just then feeling upon my chest. I was seeking to find something, anything that might help me to create a picture in my mind of what this being might look like.

For a time, I thought that I may have perceived something that gave me the impression of “small feet”. Aside from this however, the nature of this presence seemed completely alien to me. Just then, I heard Crystal mentioning something about “extraterrestrials.” This is a term that I hear her voice using quite frequently. Yet, I confess that on this occasion, I found the timing a bit eerie and I was hit with that familiar unsettling feeling, that feeling of colliding with the unknown. In this case, it may be more accurate to say that the unknown landed on my chest as I lie in bed, just trying to fall asleep.

Eventually, I did turn over, yet that did not put a stop to feeling “the presence.” Now I was feeling the presence clinging to my back and Crystal’s voice kept chattering on and on. The intrusion of Crystal here did cost me some sleep, but not too much. It was another example for me however, of the degree to which this entity attachment (Crystal) can materialize on the physical plane. She seems to be managing to do this more and more these days it seems to me.

- August 24, 2020

Astral Entity Intrusions : 8/14/20

August 14, 2020

10:35 pm

I was just sitting here in my living room reading a book. In the background I could hear Crystal’s voice talking. Her voice was coming in over the steady background noise of my air conditioner. I wasn’t picking up on most of what she was sayingnor was I trying to. Yet, there were moments when her voice seemed to jump out of the noise at me with greater intensity. It was enough to cause a bit of a disturbance while I was trying to read, but not enough to prevent me from enjoying my book.

I’m very glad that throughout the course of my situation with these voices, I was not “blocked” from enjoying reading for very long. There was a span of a few months back during the first year (2015) when I was simply in too bad a state to be able to concentrate long enough to enjoy reading a book. At the time, the situation was still very new to me, the presence of these intruding voices was still very much of a shock. I was simply too distressed by what I was experiencing to be able to sit down and hold my focus on a book. The voices tried to disrupt me whenever I tried to, and for a time, they succeeded.

Yet, I recall that by the Autumn of 2015, I was once again able to enjoy reading. I didn’t regain this overnight. I had to struggle for it. I had to try and keep trying. I recall quite a few occasions that Summer where I would be trying to read, to distract myself with a book, but I only ended up too distracted by the presence of the voices,

the physical sensations, and also the severe bouts of uncontrollable thoughts that I was experiencing at the time. This last one was something that was particularly difficult for me to handle back then.

Coinciding with the sense of extreme intrusion as a result of hearing the voices, I was also greatly distressed at the time by the intrusion into my very mind. The voices (especially Crystal) made a point of reminding me that they had my every thought under surveillance. An effect of this intrusion of my mind was that I found myself often experiencing bouts of uncontrollable thoughts. Knowing that my thoughts were being listened to and observed by these entities, I would try and consciously control what I was thinking. Yet, this was far easier said than done for me at the time. When I tried to not think about certain things (knowing that I was under their surveillance) I found that my own mind tripped me up. My thoughts ran wild in all directions. Never before in my whole life up to that time (with maybe perhaps a few strange occasions around 2012 that I've discussed in previous journal entries) had I ever given much consideration to the process of my own thinking. I simply had thoughts, or thought about things and that was that. I never stood back and reflected upon the very process of thinking itself. During the Spring and Summer of 2015 (when my oppression was the worst its ever been) I found myself in a situation where I was forced to do just this.

As I sat in my comfortable living room chair tonight, enjoying a book, Crystal was trying to disrupt me with all of the old tricks. However, she doesn't have the element of surprise in her favor like she once did. I noticed her presence.....yes. But, aside from that, she accomplished little else.

ASTRAL ENTITY INTRUSIONS : 8/12/2020

August 12, 2020

11:20 pm

Here I am, almost at the end of another long, tiring day. I'm just sitting here in my living room waiting for the sleep-aid to kick in. I wonder how many of my journal entries start out with that line. Quite a few I'd imagine. That's just how it still is though. I'm still sticking to my nightly routine. I take a dose or two of sleep-aid about twenty minutes or so before when I intend to go to bed. My intention is that by the time that I get into bed and try to fall asleep, I'll already be feeling the effect of the sleep-aid. This I hope, will minimize the amount of time that I have to deal with the disturbances cause by this entity attachment (Crystal).

Practically every night, Crystal is still causing me some kind of disturbance. The disturbances entail me hearing her voice chattering away ceaselessly, as well as feeling physical/bodily sensations. She knows all too well that when I'm in bed, waiting for sleep to overtake me, I'm most vulnerable. She won't let up, so this is why I take the sleep-aid, then wait a little, to start to feel its effect before I get into bed. If I can even minimize the time that I'm there as a stationary target, well.....that's worth something to me at least.

Maybe over the Winter, once things settle down some at my work, I'll try and see if I can start weaning off the sleep-aid. I by no means consider it a good thing that I've been reliant on it for so long. I certainly understand why I have been reliant on it. But, I view this as another aspect in my attachment situation that I need to overcome. I've made great progress in pushing Crystal back, as far as the impact that her presence has upon my life goes. But, I consider this sleep-aid situation something that I've been procrastinating with for far too long. It's just that the timing of any attempt on my part to get off the sleep-aid routine is very important. It's been a very busy Summer so far for me at my work. Things are still quite hectic. So, I'm hesitant to do anything that may put my sleep routine in further jeopardy. As it is, my sleep-routine still suffers as a result of the disturbances that Crystal cause me at night. However, I don't want to risk getting into a situation where I'm losing a whole night of sleep on a regular basis. It's been some time since I've experience that, but I have experienced it plenty of times.

Well, I'm definitely starting to feel the sleep-aid kicking in now. I'm off to bed. I know that Crystal will be right there, attempting to cause disruptions. So, here I go. The old battle for sleep goes on and on.

Psychic Voices Attack : 7/15-17/2020

July 15, 2020
11:00 pm

The day is almost over. I just took a dose of sleep-aid and will be going to bed here shortly. It was another exhausting day for me at work. This whole week has been a rough one in that regard. I would almost say that this spirit attachment (Crystal) wasn't giving me too much trouble today. I almost made it through an entire day where I could say that. But, just within the last hour I've been hearing her voice hurling insults at me. Well, we almost made it through an entire day. I can only assume that I'll probably continue to hear her hurling insults at me once I get into bed and I'm waiting to fall asleep. Hopefully, I won't have to wait long.

July 16,2020
9:00 pm

Last night, as I lie in bed and was awaiting sleep to overtake me, aside from Crystal's voice (which is very much familiar to me by now to say the least), I do believe that I heard "another voice". This is significant to me because my attachment situation has changed since it first began in 2015, in regards to the number of separate voices that I hear on a frequent basis.

When I was first attacked by these intrusive and hostile voices in late February and early March of 2015, the main voice that I still hear today (Crystal) was one of many voices that I was hearing at the time. I first heard Crystal's voices (as I hear it now) on my EVP recordings in February (2015). After hearing her voice only a few times, I began to become suspicious of this particular voice. There was just something about her that gave me the impression that she was out to cause me trouble. Unfortunately, at the time, I couldn't even imagine what kind of trouble she was able to cause me, but I was soon to find out. Crystal arrived along with a whole group of what I began to call "negative voices". These negative voices quickly began to change the nature of my recording experience. Basically, with their arrival, things took a dark turn.

When I first began hearing these negative voices outside of my recording sessions (which quickly led me to quitting EVP recording all together), Crystal always seemed to be one of the more tormenting voices, but she was just one voice among many that I was hearing at the time through this "hijacked clairsaudience."

When these intruding voices attacked full force (what I often refer to as a "voices blitzkrieg" in April (2015), Crystal's voice began to stand out among all others even more. Yet again, she was one of several voices that I was hearing then.

As time has passed, the number of separate and distinct voices that I heard has dwindled down considerably. I would say that for at least the past two years, it is now only Crystal's voice that I still hear on a day to day basis. She is the one still attached to my life. The other voices faded away for the most part, however, not entirely.

Every now and again, I will still hear other voices besides that of Crystal. Her voice, I would know anywhere, believe me. I have heard it to one degree or another every day since 2015. So, when I hear another voice, I may not be able to discern whether or not I may have heard it before. But, I can often tell right away that it is a voice other than Crystal. For one thing, Crystal's voice is distinctly female. In my opinion, her voice sounds like that of a young woman's (in her late teens or twenties I surmise). Where some of these other voices sound distinctly male to me, while others sound neither male or female, and some I would say, don't even sound very human at all.

I have on occasion, contemplated whether or not Crystal has the ability to change her voice. I have even wondered if this female voice that I hear that calls herself Crystal, is in fact her true voice. Maybe this voice to, is a kind of created voice of some spirit or being whose real voice I have never even heard. When it comes to this kind of situation, the mind can run wild with speculation.

July 17, 2020
10:30 pm

I don't have much to report today. It was a pretty typical day. Things were very busy at work. I heard Crystal throwing out some insults at me here and there throughout the day. But, I haven't been letting it get to me. In truth, these days, with how busy I am at work, Crystal gets pushed aside much of the time, so to speak.

There was one incident this afternoon that really got my attention however. A little while after I had finished up at work today, I heard the voice of Crystal say "this afternoon we gave you the Coronavirus." Crystal has been using the ongoing pandemic situation as a source of material with which to concoct new mind games. She has been telling me that I have, or will have the virus, since back in March. This is yet another example of the kind of thing that I often hear from her.

A MOST STRANGE WAY TO START MY DAY

July 14, 2020
10:30 pm

Today was another exhausting day at work. For the most part, I did not hear the voice of this entity attachment (Crystal) making derogatory comments towards me in a big way like she did yesterday afternoon. For a time, she actually seemed a bit more mellow. However, it didn't last.

At around eight o'clock this evening, she unleashed a barrage of insults at me. She didn't catch me in a very bad mood like she did yesterday. So, I didn't respond to her with anger, like I made a mistake of doing yesterday. I suppose, if anything, I simply felt a sense of disappointment. For a short time, it seemed to me like she might make it through the whole day without being all that hostile towards me.

I'm still hearing her throw out insults here and there now at ten thirty at night. I'm remaining calm however. I most definitely do not want to make the same mistake that I made yesterday, and allow her to bring me to a point of anger. After all, that's exactly what she wants.

There was also a minor incident this morning. When I awoke, I immediately perceived Crystal's presence, both in hearing her voice and also in feeling a very pronounced physical presence. Almost as soon as I opened my eyes, I felt a sensation of something moving slowly across my chest. It moved slowly, and I could feel a slight weight pressing down on me. It's hard to put into words, but I also believe that I felt some kind of "legs", multiple little legs on this invisible presence. It was certainly a most strange way to start my day.

Spiritual Voices Attack : 7/13/2020

July 13, 2020

9:55 pm

In my last blog post, I mentioned that of recent, I was trying to live by a strict discipline. This discipline being that I would not allow this entity attachment (that I hear as a female voice, and that identifies herself by the name Crystal) to bring me to the point of anger. After all this time has passed, it was blatantly clear to me that bringing me to a state of anger or depression was Crystal's goal. This is what she was after, this is what she wanted. She could be most sadistic in trying to achieve this.

She often hurls insults, criticisms, judgements, threats and the like at me. Sometimes, all day and night. She tries to deprive me of sleep practically every night, in the hopes of getting me into a weary and weaker state so that her torments will have more of an impact on me. It is my observation that she is very skilled at being a bully, and of course, no one likes to be bullied. So, I confess that it is very difficult at times to restrain myself from becoming filled with anger towards my oppressor. Yet, as time passed, I was more and more convinced that the better approach, the best way to thwart Crystal's efforts, was to react in the opposite manner of what she wanted. If she wants to make me angry, I would be calm. If she wanted to make me depressed, I would do something that made me feel upbeat and more positive. I believe that I must strive to be and do the opposite of Crystal.

Well, today I confess that I was not very successful at upholding to this discipline. I had an especially rough day at the job. It was nothing related to Crystal's presence that caused this. I was simply feeling overwhelmed and aggravated over various work related issues. I wasn't even paying Crystal much mind for most of the day. It was one of those days where it seemed like hours went by, and I hardly heard her voice at all.

Yet, just as my work day was ending, Crystal unleashed a barrage of insults and verbal harassment at me. I confess, after having such an aggravating day at work, I allowed Crystal to get to me. I let her take me to the point of anger. For the first time in quite a few months, I unleashed a barrage of insults of my own towards Crystal. I didn't speak them outright, but knowing as I do, that Crystal has the ability to hear my thoughts, I unleashed this barrage of counter-insults by speaking these insults through my own thoughts.

I was extremely angry that she was clearly trying to make a bad day for me even worse. I certainly know that this is the kind of thing she does, and I wasn't surprised. But, it was the fact that she was trying to kick me when I'm down that really got to me. And unfortunately, I allowed her to get to me, to put me in a rage, and I let the insults fly her way.

After a little while, once I began to calm down some, I felt much regret about this. I had given Crystal what she wanted. I had allowed her insults, her verbal abuse, to take me to a very negative state of mind. I felt like I had given Crystal a victory. She

set out to take advantage of my horrible day at work situation and make me feel even worse, and I allowed her to achieve this.

I also felt much regret because I had of recent, very much been trying to discipline myself to not allow this very kind of thing happen. Yes, no one likes to be bullied, but this afternoon, I let this particular bully achieve their goal. I let Crystal bring me to the point of anger and all that my own insults achieved was to make me feel even worse about the situation. My counter-insults towards Crystal did not thwart her efforts in any way, where if I had remained calm, they would have.

A much better approach would have been to see through Crystal's motives and deny her what she was striving to achieve by attacking me. I could have won a small victory for myself over this bully today if I had held firm to my conviction that her torments are not worth getting angry about. I would have won a small victory over this bully today if I had allowed her words to bounce off of me, having no effect at all. I would have won a small victory if I had acted in a manner completely opposite of Crystal today. But, unfortunately, I didn't and instead I handed Crystal a victory. However, I will learn from my mistake of this afternoon. I will take this unpleasant incident and use it to strengthen my resolve to do better the next time Crystal tries to kick me when I'm down.

Engulfed by a Presence : Hearing Voices and Physical Sensations : Aspects of Spiritual Intrusion

July 10, 2020
10:00 pm

Recently, I have been trying to uphold to something of a discipline in regards to my responses and reactions to the presence of this spirit attachment. I refer to the being that I hear as a female voice and that identifies herself by the name Crystal. I have made something of a resolution to myself that I would try not to allow Crystal to bring me to the point of anger any longer. For a little over a year now, I've been trying to place more attention and focus upon my overall outlook concerning this situation that I find myself in. Crystal seeks to "intrude" into my life to an extreme degree. Her presence is constant. Her chattering is always present. However, by this stage, I've developed greater ability to "tune her out" at times. I confess though, that in the past, my foremost reaction to these occurrences was to feel anger towards Crystal. I don't blame myself for being so angered by her presence. After all, no one likes to be bullied. Yet, it became blatantly apparent to me that I was playing into her hands. I was giving her the reaction that she most wanted from me.....ie: anger and other negative emotions.

Since the very beginning, I have had a strong desire to be defiant to the attempts of Crystal (and other oppressive "entities" who were present earlier in my situation), to try and create an environment of domination over me. Yet, I began to realize more and more that I was using this spirit of defiance in the wrong way. Becoming angry at Crystal only left me filled with anger. Crystal is not thwarted in anyway by my anger towards her. On the contrary, I am quite certain that having me go about my day to day life full of negative emotions is her goal. So, I realized that the best way to defy Crystal, the best way to fight back and be defiant was to deny her what she intended to achieve. I would not allow her to make me an angry person.

I have been hearing the voice of Crystal to a greater or lesser degree, every single day of my life since the Spring of 2015. I was in fact, hearing her voice on occasion even before that. To the best of my recollection, I heard Crystal's voice for the first time in early February, 2015. It was during that Winter that I was actively attempting to hear the voices of spiritual beings by means of a voice recorder. I had begun pursuing this endeavor in early January. Prior to this, I had never been involved with any kind of active research into the paranormal. I won't try and give some long-winded telling of the reasons why I began recording to hear EVP that Winter. The truth is, there really was no good reason, except the fact that I had possessed an on & off interest in the subject of the paranormal for most of my adult life. That Winter, I found myself taking up this interest once again. Only this time, I decided to do a little active investigating of my own. I figured that attempting to record EVP was a good place to start. A month into my recording endeavor, I began to hear the female voice that would a couple of years later, identify herself to me by the name Crystal. Throughout 2015 and 2016, Crystal did not seem much motivated to tell me her name. Occasionally, she would refer to herself only as "#1". I suspected that by this, she meant to infer that she was the one most involved with inciting my situation of spiritual intrusion. However, one morning on 2017, just before dawn, I opened my eyes to a dark bedroom and this familiar female voice saying "it is Crystal, it is Crystal that is here with you." Ever since that morning, she has identified herself to me by this name.

July 11, 2020

9:30 pm

Last night, shortly after I had gotten into bed and was waiting to fall asleep, I noticed an unusual sensation on my left leg. The sensation was similar to the localized vibration sensation that I have experienced many times throughout my attachment situation. Yet, this sensation wasn't quite the same as that. It is hard to describe. It was as if this area of my left leg was engulfed by a presence (to put it one way).

I'm not sure if this sensation was strictly intended to cause me a disturbance while I was trying to fall asleep, or if it was a sensation brought about by something else....such as Crystal taking energy from me (or something along those lines). I simply don't know. To the best of my recollection, I have not experienced this particular sensation before. I also felt this exact same sensation briefly this afternoon while I was at work. Then, I was standing. So, within a 24 hour period, I've experienced this new sensation twice. I felt the sensation on my left leg this afternoon, just as I did last night. It was exactly the same.

I am not sure why Crystal would be focusing on my left leg all of a sudden. Last week, I experienced a few incidents of feeling a strange sensation (similar to, but not the same) just above my right knee. Is Crystal deliberately targeting these specific area of my body? If so,why? If I have any further such incidents this week that lead me to believe that she is targeting specific areas of my body, then I will document it and provide a fuller description.

Experiencing bodily sensations has been an aspect of my situation since 2015. In fact, I recall that it was only about a week after having my first incident of hearing Crystal (and other intruding voices) outside of my EVP recording sessions that I first began to experience these disturbing physical sensations. One of the first sensations that I felt was a strange vibration sensation that would be localized to a particular part of my body, such as one of my legs, or my lower back, etc... It's hard to describe, but this vibration sensations was not exactly the feeling of me vibrating in anyway. It was more like the feeling of something...."a presence" occupying the same space as me and I was feeling this presence vibrating. These two recent incidents were similar in that the sensation also seemed like it was being caused by a presence that was in the same space as me (or my left leg to be exact). Yet, there was just something different about this new sensation. Perhaps it's just a kind of variation of the vibration sensation that I have experienced many times since 2015. If it occurs again, I will try to be more observant.

"Thank You for Speaking to Us"

A few nights ago, as I was in bed waiting to fall asleep, I heard the voice of this spirit attachment (that tells me her name is Crystal) say "thank you for speaking with us." This in itself was not a significant incident. At least I did not feel that it was at the time. I'm sure that I heard Crystal say a lot of things that night. Crystal is constantly speaking "at me." Sometimes, I retain what I hear her say in my memory. Sometimes I don't. This statement was the only thing that I remember from what she said that particular night.

At first, I just assumed that this was just more of her speaking "at me." That's the significant thing right there. Most often, I get the impression that she is speaking at me, not speaking to me. My first thought after hearing her say "thank you for speaking to us" was that this was just another one of her mind games, that it was just more of her riddle talk. I immediately assumed that she was speaking "at me" in an effort to disturb me as I was trying to fall asleep. I had very good reason to assume this. This is what Crystal does every day and every night. She speaks at me in an attempt to intrude into my life.

Since my attachment condition started back in 2015, after I had been experimenting with EVP recording, hearing voices has been the biggest aspect to it. I experience other strange phenomenon as well, such as bodily sensations and dream intrusion. But, hearing voices has been the major aspect of this condition since the beginning.

These days, it's most frequently hearing a voice rather than hear voices. During the first year, it seemed like I was being bombarded on a day to day basis by multiple separate and distinct voices. Now, the number of voices has dwindled down to mainly one.....Crystal's. Occasionally, I'll hear other voices, other voices that I don't recognize. However, these voices don't stick around from day to day like Crystal does.

I've been hearing Crystal's voice since almost the very beginning of the chain of events that led to me developing this condition of hearing voices and experiencing

other kinds of “intrusion.” I first heard her voice about a month into my EVP recording endeavor. Before long, I began to notice that her voice was present on my recordings more and more frequently. Back then, I found there to be something of a trickster quality to her. However, while I was still recording, I had no idea how viscous and sadistic she could be. I was soon to find out.

At the time when I was recording, I still thought that when I finished a recording session, that was it, the contact had ended. Crystal was soon to prove me wrong. Back then, I had a vague sense of what clairsaudience was (very vague). However, I had no idea that it could be hijacked and used as a means of torture. I was soon to find out about this as well. When some of the voices that I had been hearing on my EVP recordings came out of the recordings (to put it one way) I was caught completely by surprise. Crystal’s voice stood out among the others. Her voice was filled with venom. Her voices was relentless and merciless.

Since those early days, Crystal has used “talking at me” as a method of torment. She sometimes concocts elaborate story lines with the intent of instilling in me a sense of fear, anxiety and confusion. In the past, many of her story lines caused me to feel a considerable amount of these emotions. However, over time, I’ve built up something of a defense against this. Mainly, this defense is to not believe a damn thing that I hear her say.

Now getting back to hearing Crystal say “thank you for speaking to us” this week. I confess, I find myself thinking quite a lot about this statement of hers. I don’t know why. If I had to guess, I would say it’s because part of me wishes that she meant this in a sincere way. My mind fills with a lot of thoughts of “what if.” What if all she really wanted was to communicate? That wouldn’t be so bad if she respected my boundaries right?. But, she doesn’t’. As I’m writing this, I’m hearing her voice speaking in the background. She never stops talking. Why all of this hostility from her? Why all of the mind games? Why the attempts to disrupt my sleep practically every night? Why the extreme effort on her part to drive me into a state of anxiety or depression? At times, I’ve tried to be very attentive to what she says, looking for some revealing aspect of her personality that would show me another side of her.

“Thank you for speaking to us.” Why should she thank me? Most of the time when I am replying to her, it’s me asking her to leave me alone, to let me have some peace and quiet. What does she mean by this?

“Thank you for speaking to us.”

If only she could speak in a more truthful and consistent manner, then perhaps I could get some sense of who she really is and what she’s about. Yet, I’m afraid that I haven’t seen any sign of this as of yet. Perhaps part of me wishes I did. Perhaps that is why I keep thinking about her statement. Yet, I know better. If I get too caught up thinking about the things she says, I’m risking going back down the old rabbit hole. I want none of that. So, I’ll try and think of this no more.

A Bright and Sunny Afternoon

It is mid-afternoon on a Sunday in late June. It’s my day off from work. It’s my only day off from work all week, yet I can’t seem to muster much strength to do anything today. Here and there, the feeling comes over me that I can’t stay awake. I know that if I lie down to rest, I might run the risk of falling asleep for several hours and the next thing I know, I slept through most of my day off. It happened to me last Sunday and the Sunday before that. So, here I am trying to resist falling asleep once again. It’s tempting though, it’s real tempting.

It’s bright and sunny outside currently, but inside of my apartment, it’s rather dim. I have most of my shades pulled down. I cleaned the place for a bit this morning, but that feeling of fatigue keeps creeping upovertaking me. Then there is the presence of the voice as well. The voice of this spirit attachment (that tells me her name is Crystal). She has been present all day as well. Of course she has. That is what an attachment means doesn’t it? It’s a beautiful Summer day outside of my apartment, yet here she is, here she remains. I don’t understand why she never leaves.....why she never seems to want to leave. Will some kind of connection between us be broken if she leaves, even if only for a short while? Would I not be able to hear her voice if she left?

When I have such thoughts, I'll hear her say something like "you have to be punished" or "you have to be punished for your sinful life." I would say that I tend not to believe this. I haven't lived the life of a saint I know, but is that really the sole purpose of her presence here? I have my doubts. But, this one seems to be a favorite mind game of hers. To instill guilt seems to be something that she's always trying for.

I also remember something that she has said to me many times before in the past. "I am inside of your astral body." Could that be it? Could that be the reason why she never leaves? I often wonder, doesn't she ever get sick and tired of being around me all of the time? If she departed my astral body, would the connection be lost? It's another mystery among many I suppose.

It's late afternoon now. I'm trying to find the motivation within myself to get out and get going. To do something.....to do anything. It's not easy for me to muster the strength. A part of me doesn't feel like leaving my dimly lit apartment. A part of me just doesn't feel like coming into contact with the outside world that's out there. Do I share something in common with Crystal in this regard?

-June, 2020

Jonathan Returns : Aspects of Spiritual Intrusion : 6/26/2020

June 26, 2020

Last night, as I was in bed waiting on sleep to overtake me, I experienced a couple of "shouts." Yes, a couple of shouts is right. To the best of my recollection (I knowit was only last night), there were two shouts. These two shouts were probably spaced out something like fifteen minutes apart. These shouts were quite powerful. They hit with the kind of force that sends a jolt through my body.

The voice that shouted at me was a distinctly male voice. Of this, I am certain. This was not the female voice that I hear the most frequent, the voice that identifies herself by the name Crystal. No, this was definitely a strong male voice. I believe that each shout consisted of a few words (as opposed to a single word), but I couldn't make them out. I have always gotten the impression that these beings use this shouting tactic as a means of disrupting me while I'm trying to sleep. I have never gotten the impression that it is intended to convey a message. The voice could simply speak in a milder tone for that.

I recognized right away that the voice that had shouted at me was not Crystal's voice. This thought immediately went through my mind and Crystal must have picked up on it, because I heard her say almost immediately "that was Jonathan."

This same exact scenario has played out at least a few times in the past. This was not the first occasion that I have heard Crystal speak of this "Jonathan" character. There were some incidents this past year when I heard a distinctly male voice shout at me. Crystal would immediately pick up on me wondering who this voice was and I'd hear her say "that was Jonathan."

Yes, I have had a few incidents essentially identical to the one that I experienced last night. However, I can't say for certain that it was the exact same male voice each time. I'm leaning towards that it was, but I'm just not sure as of yet. I simply haven't heard the voice of this alleged "Jonathan" character enough yet to say that I recognize it. The incidents have been too infrequent still for that.

Crystal's voice, now that's a whole other story. I'd recognize Crystal's voice anywhere. At this point its become burned into my psyche. I have heard Crystal's voice to a greater or lesser degree every day since the Spring of 2015. To me, her voice is very distinct, very recognizable to me.

Crystal's voice sounds like that of a young woman. Not a child, but of a young woman, between twenty or thirty if I had to guess. Generally, I would say that her

voice sounds like a normal human voice. However, I observe that much of the time, there seems to be a high-pitch characteristic to it, and sometimes her voice can sound quite whispery.

The presence of this other voice, this “Jonathan”, is significant to me because it is a sign that I can still hear other voices besides that of Crystal's. This is important to me because my own situation with hearing voices and experiencing other forms of (what I believe to be) spiritual intrusion has changed in some ways since it first began for me in 2015. At the onset of my condition, I was hearing more voices than I generally do today. Sometimes many more. However, over time, I have seen the number of distinct and separate voices dwindle down significantly, until it appeared that there was really only one that seemed to linger around on a day to day basis. I even began to question how I should describe my condition. Do I hear voices? Or do I hear a voice (just one.....Crystal's).

As of today, what I can report is that I am currently still hearing Crystal's voice on a day to day basis. Her voice is the only voice that I now still hear every day. Some days I hear her voice less. Some days I'm so busy and distracted by other things, that I can go a few hours with barely hearing her at all. It is mainly at night (especially when I am in bed waiting to fall asleep) that the presence of her voice is most noticeable to me. I do go entire days when as far as I can tell, her voice is the only voice that I am hearing. However, as with last night's incident, every now and again, other voices will seem to “pop in.”

This voice that I heard shout at me last night did not sound anything like Crystal's voice. This voice to me (without a doubt) sounded like a male voice, where Crystal's voice is a female voice. That's one difference there. Another difference is that this other voice, this “Jonathan” doesn't stay around. If this has been the same male voice that I've heard shouting at me in those few incidents in the past, this voice just drops by and then will disappear, not returning for several weeks. Crystal on the other hand, she remains. I don't perceive her ever leaving my immediate vicinity for a significant amount of time, I'm sorry to say. Whoever this Crystal being is (and that's the big mystery), I consider her attached

to my life. Perhaps these other voices that seem to stop by occasionally, are there to visit with her, I simply don't know. Maybe it all sounds strange, but situation that I find myself in has never lacked in an abundance of high-strangeness.

The Art of the Psychological Mind Game

For going on two weeks now, I have been hearing the voice of this spirit attachment (that identifies herself by the name Crystal) repeating "COVID-19" several times a day. This is not the first time that I've heard Crystal speaking about the ongoing COVID-19 pandemic. But, previously, she would at least always have a little more to say. For example, a couple of months ago, I would hear her frequently say things such as "you will get COVID-19" or "you were just infected with COVID-19".

It was clear to me that Crystal was trying to get a negative reaction out of me. I'm sure she was hoping that I would be worried or anxious about her statements. After all, this pandemic was an unprecedented situation in our day to day lives. She must know by now that I regard most of her statements (about pretty much anything) with a lot of suspicion. Yet, she kept on saying these kinds of things. I wasn't the least surprised by it. In fact, I rather expected it.

Since I first heard Crystal's voice on my EVP recordings in 2015, she has always tried to manipulate me and just flat out "mess with me" with psychological mind games. I fully admit, that when it comes to conjuring up mind games, Crystal really knows what she's doing.

When I first began hearing her voice outside of the EVP sessions (at the start of my attachment condition), she wreaked havoc in my life with her deviously clever mind games. So, when the pandemic spread rapidly across the world this year, I anticipated that Crystal would find much material for some new mind games that she would try to use against me. My suspicions were correct. Yet, more recently I'm just simply hearing her say "COVID-19". That's it, she just says "COVID-19" and adds nothing else to that.

Perhaps her angle with this is to make me wonder why she is just repeating “COVID-19” with no further elaboration. By saying so little, perhaps she’s hoping that my mind will try and fill in the blanks. This very well might be her intention. She might want me to contemplate whether she’s implying that I will get the COVID-19 virus sometime in the near future.

Perhaps I’m just letting my newfound suspicious nature get the better of me here. Yet, I suppose that such a thing like that is bound to happen sooner or later when one is dealing with a being so skilled in the devious art of the psychological mind game.

The Arena Effect

I was sitting on my back porch when the voices onslaught began. It was midafternoon, a bright and sunny day in April. I went outside to smoke another cigarette. I seemed like I was lighting one up about every twenty minutes or so. I didn’t know what else to do. I couldn’t sleep. If only I could, then at least I could escape, if only for a short time, the living nightmare that these voices were putting me through. However, I was having no luck there at all. Every time that I tried to fall asleep, the voices would seem to get in closer, like they were right up to my ears. There was also the damn physical sensations as well. As soon as I got into bed, I would start feeling jabs, vibrations, things clinging to me, gnawing at me, a whole assortment of discomfort that made sleep damn near impossible. This is why I had only been getting about three or four hours of sleep a night for going on two weeks. I was on the verge of slipping away I felt.

These sadistic voices showed me no mercy. They were relentless and hitting me with a constant barrage of verbal torment. I couldn’t read a book or watch television or do anything to try and distract myself. I simply had to endure it. At night, I tried to numb myself with alcohol. I would say that this did take the edge off at least a little, but it didn’t stop the voices by any means. Perhaps the cigarettes helped me to relax at least a little as well. Almost by instinct, I found myself chain-smoking.

And so there I was out on my back porch smoking yet again. The weather itself was lovely, but my surroundings seemed marred by this upheaval being created by the voices. They seemed to rise and recede like a thunderous tide. The wind was picking up. I heard the rustling of the wind through the trees. This only served to add more sound into the maelstrom of what I was hearing. These invisible entities seemed to be quite skilled and proficient at manipulating raw steady sounds. Well, they certainly were on this day.

From right behind me, I heard a strange voice say “thank you for making us real again”.

I looked back, I didn’t see anyone. Yet, I still believed that there was someone or something there. The maelstrom of voices went on. I lit up another cigarette. The young woman’s voice began to rise above all of the other voices. Yet, the other voices continued to speak at the same time.

“We will make this the biggest haunting ever” I heard her say.

Who was she?

Who was this female voice?

I was beginning to notice and recognize the presence of this voice more and more each day. There was venom in her voice. She sounded like she had some kind of personal grudge against me.

The number of voices seemed to multiply and keep multiplying. Voices seemed to fill the sky to every horizon. I felt like I was in an arena filled with heckling spectators.

“We will make this the biggest haunting ever”

The female voice repeated this a few more times that afternoon.

-written June, 2020

The Fatigue Factor

I’m sitting here in my living room, feeling exhausted. I will be going to bed very soon, but I don’t want to go to sleep quite yet. I want some time to myself. However, I know that this is not really possible with this entity attachment around.

It’s been a long day for me. I awoke at five o’clock in the morning to drive down to the shore to take care of something for my work. Then, my coworker called out, so I was hit with double the workload today. Then after work, I had a side-job that I had to take care of. All in all, I’m feeling quite worn out. But, I want something of this day. I don’t want it to be entirely lost to work and the intrusive voice of this attachment.

From the moment I awoke early this morning, the voice has been present. I am reminded of the difference between myself and this mysterious being. I am vulnerable to fatigue. This being does not seem to be. No matter what I was doing today, the voice was there. Sure, there were moments when I was so focused on something work related that I did not hear the voice at all. But, when these moments of distraction came to an end, the voice was right there waiting. And now as I sit here in my living room chair writing this, I hear the voice speaking from down the hallway.

I do not detect any sign of fatigue or getting tired whatsoever in this voice. This being seemed to have one goal today.....to follow me around and intrude into my life. This was achieved, and as far as I can tell, it was achieved by this being without

bringing about any degree of exhaustion whatsoever. This is something that makes us very different. This is something that this attachment holds as an advantage over me.

My eyes are starting to feel heavy now. Maybe I will go to bed here in a moment. Yet, more than likely that will not be the quick end to this long day. This voice will not stop talking just because I'm trying to call it a day and fall fast asleep. Hell no, this voice will more than likely just keep chattering on. This voice has its own ambitions. This voice has its own agenda. This voice does not need to rest to possess these things. Or, if it does, it hides this very well from me. This gives these attaching entities an edge, no doubt about it. However, this might be one factor that those thinking about taking up some kind of occult pursuit may not be thinking about, at least not at first. I know that I sure as hell wasn't when I first started out with channeling spirits.

In the beginning, I was only hearing voices of a more benevolent nature. So, I wasn't even thinking about important factors that might come into play if things went horribly wrong. And later on down the road, when I did first start hearing some not so friendly voices, I still wasn't contemplating this fatigue factor. When I began to get an uneasy feeling about some of my channeling experiences, I remember doing some frantic research on the internet about spirit attachment and demonic oppression. However, to the best of my recollection, none of these internet articles about such things spelled this aspect out loud and clear.

Evil spirits and the like, have the advantage that they don't get tired, they don't experience fatigue like we do. Just let the implications of that sink in for a few moments. That's one hell on an edge to have I would say.

- June, 2020

More Talk of the Astral Planet :

June 15, 2020

10:30 pm

It was a rough day at work. Now it seems that this entity attachment (Crystal) is trying to make it a rough night for me as well. She's been quite vocal tonight. I've mostly been hearing her voice in a strong, but whispery manner. This is a common way that I hear her. Her voice sounds very whispery, but there's an intensity to it. Sometimes, it sounds to me like she is shouting in whispers.

I'm not making out everything that she's saying at the moment.....thankfully. But, I just heard her saying something about how we are different species. I was also hearing her say something about angels and fallen angels. Last night, she was referring to herself as "a Satanic life form."

Just now I heard her say “we are from a spiritual astral planet.”

I’ve heard her speak of this “astral planet” before on many occasions. But, as I’ve said before, she says all kinds of things. She makes many claims about herself and this situation, yet she can’t seem to keep consistent with most of them.

I’m about to turn in for the night. I’ll be glad when this day is over. Tomorrow is going to be another rough one. I can feel it. I’m still hearing Crystal talking in the background. She’s not about to call it quits for the night. This is when and where we collide. That is, until sleep wins out and frees me from her intrusions.

A Pronounced Presence This Afternoon :

**June 14, 2020
10:15 pm**

I’ve been extremely busy at work recently. So much so that when I awoke this morning (my day off from work), I did not feel like I had just awoken from a good night’s sleep. Instead, I felt worn down and exhausted. I had a few cups of coffee and read for a little while, but it was no good. I still felt very tired. By ten in the morning (or there about), I found it a real struggle to keep my eyes open. I didn’t want to go back to bed because I knew that this could foul up my whole day.

Right now, I’m working six days a week. I didn’t want to sleep through the entire day. I have had this happen to me many times in the past. Yet, I had to throw in the towel here. I was still tired as hell. So, I went back to bed.

I fell asleep rather quickly. However, it wasn’t the kind of sleep where I was completely out like a light. Rather, it seemed like I would periodically reach the point where I was about to wake up, but didn’t quite get there. Perhaps, I realized that I was sleeping through my entire day off from work and I wanted to get out of bed and get going. Yet, I found myself unable to do this.

Instead, it seemed like I was lingering in that in-between state for some time. I mean that state of being half-asleep and half-awake. I find myself in this state quite often and it’s been my observation that I often perceive these entity attachments much more profoundly when I’m in this in-between state. Today I was given yet another example of this.

At some point in the afternoon, while I was lingering in this in-between state, I felt a presence on my bed. This in itself is nothing out of the ordinary in my strange situation. I feel a presence and physical sensations on me practically every night. What made this incident a bit different was the very weight of this presence. It was as if something quite large had landed on my bed. I could feel the weight, feel it pushing

down on the mattress. For a bit there, I even felt like I was about to fall out of my own bed.

Along with this vivid presence, I heard the voice of Crystal. I was not surprised by this. I suspected almost immediately that this presence on my bed was her. After all, it is her voice that I hear far more than any others these days. I wasn't surprised with hearing her voice. But, I was surprised at how pronounced this presence on my bed was. Most often, when I'm perceiving her presence, it's on a smaller scale. Feeling movement on my bed or on my body happens nightly. But, it usually doesn't feel like something this large. As this incident was occurring, I was stricken with that familiar unsettling feeling that this was really happening. Even though I've been having strange experiences like this since 2015, after I had been experimenting with EVP recording. I still at times find it difficult to wrap my mind around the reality of this situation and incidents like this can really make it sink in.

These voices that I've been hearing and these physical sensations that I have been experiencing since 2015 are not hallucinations. They are not creations of my own mind. They originate from an external source. They are caused by beings of unknown origin that I first came into contact and communication with during the Winter of 2015 through means of doing EVP recording sessions. Back then, I heard these voices only on my recordings, but before long the voices came out of the recordings (quite literally) and the voice of this being Crystal (who was present during the EVP session days) I still hear to this day.

Entity Attachment : 6/3/20

June 3, 2020

7:15 pm

Last night, while I was in bed trying to sleep, I was experiencing some moderate-intensity harassment from this entity attachment (Crystal). Once again, I was feeling multiple sensations and she was also getting in close and speaking right up to my ears at times.

I probably lost about an hour of sleep-time, but I eventually passed out. This is the second night this week when she has "escalated things" a bit, especially with the physical sensations. Luckily, it did not result in any major loss of sleep, yet it seems like this is her goal.

Even on a night when I would say the intensity of her harassment is not so strong, she's still very non-stop about it. This is one aspect regarding these types of attachment situation that I've tried to stress. It's an aspect that I know that I wasn't envisioning at all back when I was first communicating with these entities in 2015 through recording for EVP. This is the aspect that these attaching spirits or entities can be relentless and simply not quit at trying to intrude into your world.

Yes, there are occasions when I perceive Crystal's presence and intrusions as being stronger and other times weaker. But, I know that she's always there. Her voice is like some constant stream of chatter being thrown out at me. This is not to say that I'm always hearing her voice at every moment.

Over time, I've learned to get a stronger grip on my focus and have learned to control it better. Yet, there is still further to go with this. Crystal takes advantage of the times when I'm the most vulnerable to her intrusions, such as at night...especially when I'm in bed trying to sleep. Even when I'm not hearing her voice, there often is still this feeling of her presence, a feeling of knowing that she's still there. I suppose it's something akin to the feeling of "Big Brother" always watching you. It's not something I'd say that I've ever completely gotten used to, but I try to look past it.....to seize what joys from life I can. Crystal's intrusions into my life have been quite severe at times, yet there is much that I hold on to....things that she cannot meddle with.

Intruding Astral Voices : Mind Games : 6/1/2020

June 1, 2020

10:00 pm

Last night (on my second attempt at sleep).....I heard Crystal's voice say something like "your bedroom is a computer simulation." Then she followed up with "we forgot

to turn it off.” This is the kind of strange cryptic talk that I often hear from her. This talk about “a simulation” is nothing new to me. I have heard her say to me many times something like “this reality is a computer simulation.”

11:35 pm

I’ve been hearing Crystal’s voice saying quite a bit about COVID-19 for the last thirty minutes or so. I’m not trying to listen, but sometimes certain words or phrases spoken by these voices just seem to stand out (COVID-19 among them).

I’ve been hearing Crystal talk about the ongoing COVID-19 pandemic quite a lot recently. It’s usually something about how I’ll get it.....how I’ve gotten it already or how it’s going to impact my life on some big way. There is no doubt for me that this another one of her mind games. I do not place any significance in what she says regarding this. It’s just that when I hear her voice say “COVID-19”, it’s hard for me to ignore. It’s just not your everyday word (though perhaps it is these days).

Pulled Back from the Brink of Sleep : 6/1/2020

June 1, 2020

12:20 am

I went to bed about an hour ago. I was hearing Crystal’s voice to a slight degree. I was also experiencing some physical sensations, but it was also a just to a slight degree. I was almost at the point of falling asleep when I was suddenly pulled back from it after feeling some sensations that were not to such a slight degree.

These sensations were mainly jabs and pinches coming up through the mattress. This is an old and regular tactic of disruption from Crystal.

I've also been feeling "a presence" on my right foot. I was feeling it while I was in bed and I'm still feeling it right now as I sit in my living room chair and write this.

My right foot seems to be something of a big target tonight. I'm barefoot now, but I'm about to put some socks on to see if it makes any difference at all. It probably won't, but it's worth a try. This particular sensation is getting to be quite annoying.

I just took the last bit of sleep-aid that I have left. I'll be giving sleep another try here in a few moments.

Another Mention of "Christopher" : 5/29/2020

May 29, 2020

10:50 pm

I was just outside on my back deck smoking a cigarette and I heard the voice of "Crystal" say "Christopher gave up on the Authority." She was responding to something that I was thinking about regarding parallel worlds (I am reading a book on this subject currently).

Here she is mentioning this "Christopher" again. She has spoken this name on many occasions over the course of the last few years. The impression that I get from hearing what she has said about this being named Christopher is that he is a being that is directing things regarding my attachment situation. In a sense, I get the impression that this Christopher is Crystal's commanding officer or something along those lines.

For myself, ever since I began hearing voices in 2015, I have never heard any of these voices identify themselves as being this Christopher, with one possible exception. When I was doing my experiments with EVP recording during the Winter of 2015, (before I started hearing voices outside of the recordings), I did record a voice that may have been this Christopher.

This incident occurred on the afternoon of January 17, 2015. I was doing an EVP session in a spare bedroom of the home that I was living in at the time (bad idea.....I know). I was only two weeks into my recording endeavor. Prior to that day, I had been hearing absolutely nothing on my recordings. I was about to give up the whole pursuit (if only I had), when upon playing back a session that I had done that day, I heard voicesthere was no mistaking it for me..... there were voices on this recording. This was the first recording that I made where I did capture voices, and not only this, most of the voices were giving intelligent replies to questions that I had asked during the session. These voices that I captured on recording that day were by no means the most remarkable EVPs ever, but some of them I could hear clearly enough each time that I listened to the recording of that particular session.

In the days that followed, I shared that recording with others on a few internet forums that were centered around research into the Electronic Voice Phenomenon. One individual was kind enough to take the time and analyze my recording with equipment far more sophisticated than anything that I had access to. This individual found even more EVPs on my recording than I had initially heard (this individual had the best ear for hearing EVP than anyone I had ever met). At the very end of the recording, this individual pointed out that there was a male voice that seemed to say "Chris." Was this the voice of "Christopher." Perhaps it was, yet I can never be certain of course. As I said, no other voice that I've heard throughout this whole ordeal had ever identified themselves by the name "Chris" or "Christopher." Yet, I have heard Crystal speak of a Christopher on numerous occasions. I have even speculated that perhaps Crystal is really a kind of created voice or created personality from this elusive being named Christopher. Is that what's going on here? Once again, there's no way I can be certain about this.

This female voice that I hear the most often and that identifies herself by the name Crystal, I also first began hearing on my EVP recordings from the Winter of 2015. I began to hear her voice at around the same time that other “trickster”.....”heckler”....and “negative” voices first began to appear on my recordings. Her voice was the most present when the negative voices “came out of the recordings.” Her voice is the voice that I hear most frequently now.....(still on a day to day basis). The number of separate and distinct voices that I hear today has greatly diminished from what it was in 2015. Yet, this voice that calls herself Crystal remains present.....and she sounds exactly the same today as she did when I first heard her voice on my EVP recordings in 2015.

More Strange Sensations : 5/28/2020

May 28, 2025

8:35 pm

I experienced a few strange incidents today while I was at work. About three or four times today, I felt “something” very suddenly latch on to one of my legs and create a slight vibration sensation. During one of these incidents, I was quite clearly hearing the younger sounding female voice (the voice that calls herself Crystal). It is my belief that these sensations were in fact being caused by this attachment that identifies herself to me as Crystal. These were not anything like regular leg twitches or such. There was an intelligence behind them. I gauged the size of this presence to be roughly about the size of a golf ball.

Experiencing strange bodily sensations is nothing new in my attachment situation. In fact, this occurs practically every day (or every night I should say). These strange sensations that seem to be caused by an external (intelligent) presence have accompanied hearing these voices since my attachment situation began in 2015.

Certain aspects with regards to these sensations change (to varying degrees) every now and again. However, for quite some time now, I have been experiencing the vast majority of these sensations at night.....more specifically when I am in bed trying to fall asleep.

I do occasionally experience them at other times. For example, in the evening I frequently like to sit in my living room chair and read. Sometimes I will feel some of these sensations then as well. Often it is a feeling akin to jabs or slight pinches coming up through the cushion.....as if there is a presence inside of the chair itself. However, I would say that for at least the past two years, about ninety percent of these incidents where I am experiencing vivid bodily sensations, occur at night when I'm in bed. I've observed that they almost always occur (and I stress almost) when I am stationaryeither in bed or sitting down and rarely when I am moving around.

These incidents that I experienced today while I was at work were a bit out of the ordinary because I was feeling these sensations while I was standing (for at least two of the incidents). It is also rare anymore to experience the bodily sensations while I am at work. Often, it seems to me that with my focus being directed elsewhere to more of a degree (then when I'm at home at night), this seems to create some kind of block or hindrance to these kinds of incidents occurring. I had plenty of experienced where I was feeling these strange sensations while I was at work in the early days of my situation. However, such incidents seemed to fade away....occurring far less frequently. Perhaps today's occurrences were isolated incidents. I suppose I'll just have to wait and see.

Strange Tuning Fork Sound Incident

March 28, 2020

3:20 pm

I experienced something very strange last night. I went to bed shortly after midnight.

While I was in bed trying to sleep, I was experiencing some harassment for this entity attachment (Crystal). I was hearing her voice and experiencing physical sensations (as is often the case). The intensity of this was not out of the ordinary (for her). But then suddenly....I was literally hit it seemed by a strange noise. I'm not certain that I could even hope to describe it accurately, but just taking a shot at it, it was comparable to the sound of a tuning fork.....only on a more intense level.

The sound seemed to hit me on my right side at first...then travel over me and then up towards the ceiling and then it ceased. That was another strange thing about it.....it lasted for a few moments and it seemed to travel across the room. Just like when I'm hit by the "shout attacks" that Crystal is so fond of doing, this strange tuning fork sound (when it first hit me) sent a jolting sensation through my body.

Almost as soon as this strange sound ceased, I heard Crystal's voice say "tell me what hearing that was like." In my mind, I was thinking "what the hell was that?" Trying to determine if it was a sound related to my home ...the plumbing, the roof, etc...etc....or if it was from her. The way that it hit me so closely at first and then seemed to travel across the room, leads me to believe it was from her. I'm not sure what it was. I've never experienced hearing this particular tuning fork sound throughout my attachment situation to the best of my recollection (and I've heard a lot of strange things from these entities), but I do believe it was something that she orchestrated. She did take credit for it. After her one comment about it, I heard her say "that's a new weapon we're developing." I don't place value in anything that I hear her say, but I admit that this was a rather intense and unusual sound. Needless to say, it didn't help getting to sleep quickly any easier.

Persistence

March 26, 2020

10:30 pm

Last night was a rough one. As soon as I got into bed, I was attacked by this entity attachment (who calls herself Crystal). Her chattering was heavy and ceaseless. I got out of bed around 12:45 am to take another dose of sleep-aid, hoping that this would work to knock me out and put an end to the harassment for the night. I was lucky that it did work. I fell asleep sometime shortly after one in the morning. The attack did cost me some sleep, but I felt rested enough throughout the day today.

The COVID-19 Pandemic situation got even worse today. My state has now become the state with the second most number of cases in the country. The virus continues to spread throughout much of the world as well. Once again today, I was hearing Crystal making a lot of comments about the virus situation.....trying very intentionally to add to my anxiety.

One of her frequent comments is to say that I already have it. I certainly hope this isn't the case. At the moment I feel fine. Anyway, I don't believe a thing that she says. I've been dealing with her for long enough now to know that I should never trust anything that I hear her say. If this pandemic crisis were happening back in the early days of my attachment situation, then I probably would be more stressed out wondering whether what she was saying was true or not. But after much experience, I recognize much better now that these voices will essentially say anything in an attempt to get a desired reaction out of you. Take it all with a grain of salt and ignore it if you can is a prudent way to proceed I feel.

Crystal has been quite active with her chattering for most of the night so far, but I've managed to get in some reading without being distracted by her much. I find that reading is a good way to train myself to better ignore her.

Back in 2015 (the first year of this oppress) it took several months for me to be able to relax and read a book or watch a movie again. While the voices were attacking me full force during the Spring and Summer of that year, I simply couldn't hold my focus for long enough to even enjoy reading a book.

However, I've been a big reader my whole life and I wasn't about to let these intruding voices take that away from me. So, I kept at it and didn't give up. Now, I'm glad to report that I get as much enjoyment from reading as I ever did. It was the persistence of not giving up on this that eventually allowed me to achieve this.

Astral Entity Night Attack : 3/26/2020

March 26, 2020

12:50 am

I made a try for sleep about an hour ago. But, I experienced a heavy attack by this entity attachment (Crystal). She was hitting me with pretty much everything.....constant talking....shout attacks.....and the bodily sensations. It definitely went well beyond the normal level of disruption and harassment. This was an outright attack. I just took another dose of sleep-aid. Hopefully that does the trick. Recently, I've been lucky that I've been able to fall asleep fairly quickly at night, despite her acts disruption. However, it doesn't look like I'll be so lucky tonight.

She's been on the alien/extraterrestrial theme quite a bit tonight (as far as the content of what she's been saying). She hasn't been sticking to it entirely, but that's to be expected with her. She often changes her stories around within a matter of minutes.

Before, I got into bed earlier, I heard her say "I propose we make a compromise. I'll stop saying things about the Coronavirus if you stop talking shit on me" With the virus spreading all over the world right now, recently I've been hearing her talking a lot about it in an effort to cause me further anxiety.

I thought about it for a moment. Of course I took this with a grain of salt and suspected that this was just another one of her petty mind games that will most likely lead to her pulling the rug out from under me. However, I was curious about the

notion of her making any kind of proposal towards any type of compromise at all. So, I agreed to her suggestion.

To no great surprise to me, about five minutes later (while I was in bed) I heard her say “I just injected you with Coronavirus accelerator.” And there went the rug out from under my feet once again.

Recent Commentary and Shout Attacks

March 23, 2020

9:20 pm

Things have been getting quite hectic this past week with the escalating COVID-19 Pandemic. While I have been hearing and seeing mention of this virus on the news media and social media for weeks, it was really just within the past week that the ongoing situation began to effect the area around me in some major ways. What a difference in such a short span of time. Uncertainty about the future, about the virus, about my employment.....have all been on my mind.

To no great surprise to me, this entity attachment (that I hear as a female voice who calls herself “Crystal”) has also been very observant about what’s going on and has taken this opportunity to attempt to add to my growing concern over it.

For example, this morning while I was at work (my place of employment is still operating), a delivery truck was delivering some construction material to our office. It was raining heavily outside, so I decided to help the delivery driver offload the boxes and so shorten the time that he would be caught out in the rain. As soon as all of the boxes were inside and the delivery truck departed, I began hearing Crystal’s voice saying “you just caught the Coronavirus”.....”you have just now caught the Coronavirus.”

This was not the first such incident of hearing her make comments such as this. All last week, I was hearing her make similar comments such as “you will get COVID-19”.....”you will get the Coronavirus”.....and “you will be a fatality of the Coronavirus.”

On a few occasions, I heard her voice saying things like “go home....go home right now!.....stop going to work”.....”go back to your apartment....it’s much safer there from the Coronavirus.....I don’t want to go through the trouble of having to find another host.”

So in truth.....her commentary has been a mix of what I would consider outright “low” to simply something more baffling. Aside from this kind of commentary that I’ve been hearing from her, she has still been active with her nightly intrusions and harassment. For the past week at night while I’m in bed trying to fall asleep, Crystal has still been quite active with her “shout attacks.” This is when she shouts right up to my face or ears. It’s very quick, very sudden and very intense. It sends a jolting sensation through me every time. She has been using this tactic of disruption on a least a weekly basis for the past year and to me it seems that she become quite proficient at it.

However, there is some good news to report. Despite Crystal’s efforts to try and disrupt my sleep routine with these “shout attacks”, I have been (for the most part) able to fall asleep rather quickly of recent. I’d say that on most nights for the last week it seems that I’ve been able to fall asleep within about twenty minutes. Prior to this, I went about a two month stretch where it seemed to be taking me one to two hours to fall asleep on average. So, I am pleased that this seems to be finally turning around. It’s not much compared to everything else that’s getting more and more hectic by the day, but it’s something.

Spirit Attachment Voices : 2/27/2020

February 27, 2020

7:00 am

I fell asleep fairly easily last night. But, once I fell asleep.....that's when some trouble began. It seemed that once I did fall asleep. I was "riddled with bad dreams". It was strange. It didn't seem like one bad dream, but several.....one after another. I don't remember all of the details of them, but I remember hearing Crystal's voice in all of them. I also remember being awoken at some point by a neighbor's car alarm going off. The alarm was going off for quite a few moments (this is what caused me to wake up). I got out of bed to look out of my bedroom window to see if the alarm was coming from my car (it sounded close enough). I looked...the alarm noise wasn't coming from my car. Just then, it stopped. I went back and got into bed. It seemed like I fell back asleep within a few moments. It seemed like the bad dreams started up again within moments to. It was like they just kept on coming at me without let up.

As is often the case with these suspicious dreams (that I suspect are being manipulated or even created by Crystal or other beings around) they occurred within a very short time of falling asleep. I am not sure what significance there is in this (or if there is any), but I observe that these suspicious dreams often do tend to occur a very short time after I fall asleep. When looking back throughout the years before my attachment situation began in 2015, I seem to remember awaking suddenly from bad dreams at all hours of the night (or early morning). There was more variation to it back then.

10:00 pm

Not much to report. I just heard Crystal's voice rather loudly calling out my name. I heard it coming in over the background noise of my heater. The month is almost over. Spring will be here before too long. Actually, the weather recently has been closer to Spring weather than Winter weather. Still, sometimes it can get a bit chill at night, so I'm still running my heater quite a bit.

The presence of Crystal's voice hasn't been too intense today....at least it wasn't getting my attention very much. Things are starting to pick up at my work, so that's been keeping my focus on other things. Crystal's voice still gets through here and there throughout the day, but it doesn't have too much of an effect on me until night time.....when all I want is peace and quiet.

Spirit Attachment Voices and Ringing in the Ears : 2/26/2020

February 25, 2019

11:50 pm

I just took a dose of sleep-aid and will go to bed in a few moments. Last night, Crystal kept me awake until after two in the morning with her ceaseless chattering. I hope tonight goes better.

About thirty minutes ago, I was out on my back deck smoking a cigarette, when I heard Crystal's voices speaking. I still hear her voice to a greater or lesser extent every day. So, just hearing her voice is nothing out of the ordinary for me (I'm sorry to say). But, what was different here was that she seemed to be talking to someone else instead of talking "at me". I heard her talking about me, but she was not talking directly to me as she usually is. I got the impression (from what I was hearing her say) that she was talking to another being like her about me. However, I could hear Crystal's voice, but not the voice of this other being that she seemed to be talking to.

I quickly speculated on what was occurring here. Crystal must have heard me thinking, because I heard her voice say something along the lines of that she was indeed talking to another just like her, who noticed us and was curious and that they were all over the place.....all over the world.

This is not the first time that I've had an incident like this where it seemed like I was overhearing Crystal talking to another "invisible being." Though, this was the first such incident like this in a while.

February 26, 2020

11:05 pm

I'm about to turn in. It's raining pretty hard right now. Not much to report really, I'm hearing Crystal's voice in the background, but for the most part it's rather faint. The only thing out of the ordinary that happened today was that I experienced some ringing in my ears this afternoon. That in itself is not really that unusual, it's just that I haven't experienced it for some time. However, the ringing in the ears has been something that I have been experiencing since the early days of my attachment situation. I remember that it was in early April of 2015 that it first started for me. It first started happening at the time when the voices hit full force or when I was experiencing a "voices blitzkrieg" as I often say. But, since that time I experience it very sporadically. I may experience the ringing one day and then not experience it again for a few weeks. But, it always seems to come back around.

Spirit Attachment Voices : 2/25/2020

February 25, 2020

12:15 am

I'm about to turn in. Right now, I'm hearing Crystal's voice. She's talking constantly. Her voice is fainter, but very much constant. There may be another voice present. I believe I'm hearing another female voice. They seem to be coming from different directions in my apartment. But, it's hard to tell sometimes. It could just be some kind of strange echo effect of Crystal's voice.

2:00 am

I had to get out of bed and take another dose of sleep-aid. Crystal's chatter has been ceaseless. She hit me with a few shouts as well. I was feeling some physical sensations, but these were on the weaker side tonight. So far, it's been the voice harassment that has been causing me the most trouble. I was almost asleep....almost there, very close....but just couldn't reach it. I'm about to try again in a few moments.

9:30 pm

I finally made it off to sleep last night around 2:30 am. Last night, it wasn't so much the "shout attacks" or the bodily sensations that were causing me the most troubles, but a fainter yet steady and ceaseless chatter from Crystal. I only got a little over four hours of sleep, but I felt okay throughout the day today. A day of less sleep I can handle....I'm very much used to that by now. But, if it goes into three or four nights in a row of getting less sleep, then I could potentially find myself in a situation where I find myself down the rabbit hole at 2015 level again. This is why I still take the sleep-aid as much as I do. I very much wish I didn't rely on it so much. But, these entities target my sleep. I need to sleep, I need to rest.....I need to. As for them, I'm not so sure that they do require rest. If they do, it doesn't seem to be nearly as much.

A Dive Bombing Voice

February 23, 2020

8:09 pm

Last night while in bed (not yet asleep, though trying to get there), I experienced another one of Crystal's "shout attacks." This is when I'm in bed and very suddenly, I'll hear Crystal's voice (or another voice) shout quite loudly "at me." Most nights, as soon as I get into bed, I notice the presence of voices. Most noticeable is Crystal's voice, mainly because it's a voice that I have been hearing since the very beginning of my voice hearing situation. In fact, I had heard her voice on my EVP recordings during the Winter of 2015, before I started hearing any voices outside of the recording sessions via this hijacked clairsaudience.

To one degree or another, every night it seems to me that Crystal's voice is present. Her voice sounds exactly the same to me now as it did when I first heard it on those recordings. Sometimes there are other voices present, voices that I'm not sure if I've heard before. But at least these days, Crystal's voice stands out above all others.....hands down.

At night, her voice may be louder or it may seem fainter. Often, the volume and characteristics of her voice seem to change very quickly. One minute, I could be hearing her voice with a little more volume to it and it may sound like it's coming from my living room area, down the hallway from my bedroom. The next minute, her voice may sound much fainter, or very high pitch and now seeming to be only inches away from one of my ears.

However, when I am "hit" by one of these "shout attacks" it is different. I've observed that there are some variations with these shouts. However, they are always quite startling in their intensity. Sometimes, they seem to originate from across the room, but more often they are very close in. Sometimes, they even seem internal. It's like hearing a voice shout inside of my own head.

Last night, while Crystal was hitting me with one of these unpleasant shout attacks, the thought of Stuka dive bombers from WWII popped into my head. Perhaps (in part) this is because I had recently watched a movie about the Dunkirk evacuation during the war which involved dive bombing planes. Yet, there was something about the

way that I was being hit by these shouts that brought this to mind. To me, it seemed like I was being hit with these shouts from above me. I could not see Crystal, but the whole experience gave me the impression that Crystal was swooping down and attacking her target....swooping down like a dive bombing voice.

Spiritual Entity Voices Intrusion : 2/22-23/2020

February 22, 2020

11:40 pm

I'm about to turn in. I'm hearing Crystal's voice coming in over the background noise of my heater...though not that strongly.

Earlier, I was hearing her talk a bit about "extraterrestrials" and "other dimensions." I didn't catch it all (and I wasn't trying to), but I heard her repeating these words quite a few times. While this is nothing new or even out of the ordinary with her, I have been hearing her using the word "extraterrestrials" quite a bit over the course of the past few weeks, a little more than usual I would say.

February 23, 2020

10:00 am

I experienced something of a milder "shouting attack" from Crystal last night, when I was in bed trying to sleep. I say "milder" because these shouts of hers did not seem as strong as they usually are. However, I experienced quite a few of them. So, it was clear to me that she was putting some effort in here to cause me quite a disturbance while I was trying to sleep. I almost got out of bed to take more sleep-aid, but I must

have fallen asleep just before doing that, for while I remember thinking that I should get up and get out of bed to take more, I don't remember actually doing it.

Next week will be the five year anniversary of when I started hearing these intruding voices on a regular basis. I don't remember that the exact date of my first incident with this (which surprises me), but I know that it happened at the end of February, 2015. I can recall the incident quite clearly, but not the exact date.

It happened while I was at work one day. It was in the afternoon if I recall correctly. I went into the Men's Room. In there is a ceiling fan that is wired to the light switch. So when you flick the switch, the light and fan go on together and the bathroom is filled with quite a lot of steady noise.

That afternoon, through that noise.....I heard "the negative voices." This was not the first time that I had heard these particular "negative voices", but it was the first time that I was hearing them like this. Prior to this incident, I had only heard them on recordings that I had been making. I had been doing EVP sessions on a regular basis since the beginning of January. These particular voices (who seemed inclined to made insults, threats and other unpleasant comments towards me) first appeared on my recordings in mid-February.

In the short time that I was hearing these "negative voices" on my recordings, they began to become quite recognizable to me. Among them was a female voice who was one of the most outspoken. She seemed to like to try and play mind games with me, but I wouldn't say that at that time she was malicious. However, within a short time, this would all change. When the "voices blitz" hit in full force at the beginning of April, 2015, this female voice was the most viscous and tormenting of all. For a long time, she didn't seem very interested in going by any particular name. But a few years later, this same female voice would be present when I awoke early one morning just before dawn. That morning, this female voice spoke to me and said "it is Crystal...it is Crystal that is here with you".

Voices Oppression : Battles for Sleep : 2/19-21/2020

February 19, 2020

11:32 pm

The voices became quite strong for a short while earlier this evening. But, now they seem to have weakened a bit. This however, is no sign of how things are going to go when I get into bed shortly and try and fall asleep. These voices can rise in strength and then fade again quickly like a storm. As is usually the case, I'm hearing the female voice that calls herself Crystal the most.

Last night, I was hearing Crystal talking at me quite a lot once I went to bed. But, she did not hit me with any of her shouts....which has become a regular tactic with her over the course of the past year. Two nights ago, while I was in bed trying to sleep, she hit me with a shout that was so intense that I opened my eyes and saw a small (but very bright) red ball of light a few feet directly in front of me. It was there for a few brief moments and then disappeared. That was very strange.

I'm about to turn in now, so I'll see if she'll hit me with anymore tonight. I have been losing some sleep this week. On average, I've been getting to sleep between 2 and 3 in the morning. Hopefully, tonight goes better.

February 21, 2020

12:14 am

I'm about to turn in. things were pretty much routine today. Crystal is starting to become a little more vocal now. I hear her voice coming in a bit strong over the background noise of the heater in my apartment. But, I'm starting to feel quite tired. So, hopefully that will be sufficient to counteract her voice and I'll be able to fall asleep fairly quickly.

1:45 am

I had to get out of bed and take more sleep-aid. Crystal was hitting me with “the shouts” once again. Tonight, I experienced a few strange ones, not like how they usually are.

For one, it seemed like she shouted out a full sentence (which is very rare with these shouts). But, I still didn’t make out what she was saying there.

Another one of these shouts tonight, sounded a bit different in that her voice seemed a bit muffled. But, I was still hit with quite a strong physical “jolt” feeling.

Also, I was definitely hearing a few other voices than Crystal’s voice tonight. I heard a male voice at least once or twice (just as I was trying to fall asleep). However, these voices were not as loud as Crystal’s. These other voices seemed to be talking underneath Crystal’s voice in a way.

Entity Attachment : Night Harassment - Hearing Voices : 2/2/2020

February 2, 2020
2:00 am

Here I am, writing another journal entry in the middle of the night. It feels just like old times.

Tonight started out as a not so bad night as far as any harassment from this spirit attachment (Crystal) goes, to now being a night where I’ve become quite aggravated.

I’m quite aggravated because tonight, I actually fell asleep fairly quickly. Then it seemed that within an hour of falling asleep, Crystal launched a sudden attack to try and wake me up in a most disrupting manner in an effort to anger me. It worked.

When I first got into bed tonight, I was hearing her chatter and there were some physical sensations going on, but it was what I would consider moderate to mild in comparison to the way it can get at times. I drifted in that in-between zone (of being half-awake and half-asleep) for a short while, and then I fell asleep before too long.

I'm not sure exactly how long I was sleeping for. It didn't feel like very long, but it may have been close to an hour. Before I knew it, I was hearing Crystal's voice much louder than I had been earlier. I forget exactly what I heard her saying, but I know that it was something unpleasant. I do remember her repeating my name a lot and tonight it seemed like she was deliberately trying to sound scary when repeating my name. It very much seemed like a deliberate attempt to cause me a disturbance, deprive me of sleep, and aggravate the hell out of me.

I just took another dose of sleep-aid and I will give sleep another try here in a few moments.

What bothers me quite a lot about this evening is that fact that for much of the evening (before I went to bed), Crystal didn't seem all that motivated to harass me. There is always some level disturbance present, but I know when she is really trying to harass me and when she seems less motivated about it. A calm peaceful evening where I can fall asleep quick and easy is always what I'm hoping for. I almost never happens, but I hope anyway.

Tonight, I went through some minor harassment initially (as I mentioned), then fell asleep before too long, but Crystal woke me up with this "voice attack."

It is rare that her harassment wakes me up once I have fallen into a deep sleep. It does happen from time to time, but it is rare for me. I suspect that when the sleep-aid eventually kicks in, I'm out like a light. Tonight was an occasion when the contrary did happen. Despite the fact that I took a couple of doses of sleep-aid before getting into bed, it still did occur. All I know is that I was asleep and then I started hearing her voice with more volume than I had at any point that evening.

February 2, 2020
12:00 pm

I'm feeling a bit tired today. It was sometime after 3 am that I finally made it off to sleep last night. After getting out of bed and taking another dose of sleep-aid after my first failed attempt at sleep, I managed to fall asleep fairly quickly.

So far today I've been hearing Crystal's voice here and there, but it has not been very strong. I did already experience some physical sensations already this morning. They were fairly intense (which usually I don't experience in the morning). While I was outside earlier, having a cup of coffee and smoking a cigarette, I began to feel an intense vibration sensation in my lower body area. This vibration sensation I experience quite often at night while I'm in bed. But, it is not common for me to experience it this intensely so early in the morning. I don't know why this is, but I do notice that there are certain things that I experience more frequently at certain times of the day. It has seemed to be this way for quite some time in my situation. One exception of this being the very beginning of this attachment situation (the Spring of 2015), when things were happening on a much more intense and constant level.

Spirit Intrusion : Sleep Deprivation : 1/28/2020

January 28, 2020

1:05 am

I just got out of bed to take another dose of sleep-aid. It's been a rather rough night so far. Crystal is definitely escalating her harassment. When I went to bed about 45 minutes ago to make a try for sleep, her voice was chattering away at a fairly intense strength. I've already been hit by at least two shouts also.

One of these shouts was very intense and sent a jolting feeling through my body. It was sudden, but her voice was extremely clear. As I've said before, this shouting tactic that she seems so fond of using these days, it is as close as you can get I'd imagine to being punched by a voice.

The physical sensations/disturbances have also been quite intense so far tonight as well. She's hitting me with a bit of everything it would seem.

I'm about to make another try for sleep here in a few moments.

Last week I had quite a bit of trouble getting to sleep at night, but aside from one very blatant nightly attack by Crystal, her harassment then was not nearly as intense. Now I'm into a second week of this difficulty getting a good night of sleep. At least she hasn't deprived me of a whole night of sleep yet. It's been quite a while since that has happened. I could be wrong, but the last time that this occurred I think, was almost exactly a year ago.....on February 6, 2019. That week, I went a stretch where I was having a real rough time getting to sleep for three nights in a row, and then one night, because of Crystal's harassment, I didn't get any sleep at all and this sent me hurling back down the rabbit hole again. The next day, the voices and the bodily sensations were as intense as they were in the early (and worst) days of my oppression back in 2015.

Here I go, off to make my second try for sleep. Just getting to sleep can be a real fight sometimes. Crystal, doesn't seem to get tired of this routine, but I do.

Spirit Attachment Voices : 1/27-28/2020

January 27, 2020

11:05pm

At this very moment as I write, I am hearing a few voices fill my small apartment. I'm hearing them coming in louder over the steady noise of my heater.

I can hear Crystal's voice and it sounds just as it always does. But, I'm also hearing a few other voices. One voice sounds rather deep, so deep that I cannot really make out what it is saying. The voices are becoming quite strong....and quickly to. In the past, I would have gotten up out of my chair by now and shut off the background noise to put a stop to hearing the voices in this intense manner. But, that's not the kind of thing I do very much anymore. It's January, and even though it's not that cold out tonight, it's cold enough and I don't want to be cold in my own home here tonight.

If I turn off the heater to eliminate the background noise, then the voices will most likely be significantly reduced in volume. But, if I do that, I'd be handing them a small victory. I won't do it. I've been through this type of situation countless times before and I'll deal with it just like I have countless times beforeI'll slug through it. The storm of voices that is raging here tonight will pass.

January 28, 2020

The barrage of voices has subsided quite a bit. As far as I can tell, I'm just hearing Crystal's voice right now, but it sounds fainter than it did just an hour ago. That "bombardment" of voices seemed to come out of nowhere. It reminded me of how things were for me back in 2017.

Back then, I would experience what I just experienced here tonight on a regular basis. I remember that this kind of intense escalation of the voices would happen a few nights on any given week. On some nights, I would get hit with two or three of these bombardments a night. On average, these sudden barrages would last about 15-20 minutes before the strength of the voices subsided. This is how it occurred this evening as well.

Entity Attachment : Hearing Harassing Voices : 1/23-25/2020

January 23, 2020
7:40am

Last night after I went to bed, things were fairly mild as far as the presence and harassment from Crystal. There was one exception however. A few minutes after I got into bed and as I was trying to sleep, a female voice shouted at me very suddenly and quite loudly. The voice shouted out a few words very quickly, but it was all too quick for me to make out what was said. This voice sounded very clear. The voice did very much sound like a young woman's voice, but it did not sound like Crystal in my opinion.

This shouting tactic is something that I've seen these spirit attachments use more this year than at any other previous time throughout my attachment situation. When the shouting assaults by these voices first started, these shouts seemed to me to be more internal.....like a shout in my head so to speak. However, over time, I began to see more variations of this, such as shouts that seemed right up to one of my ears....or a shout right in front of my face.

For the most part, when I hear these shouts, they are often a single word (at least this is how it was initially). I would often hear a voice shout a single word such as "hey!" or my name very quick. When I was hit with these shouts, I noticed there was also a very pronounced physical reaction to them as well. When hit with a shout like

this, I would feel a sudden and powerful jolt or shock that reverberated through my body. I have often described this as being “punched by a voice.”

As bad as the early days of my attachment situation were (in 2015), to the best of my recollection, I do not recall experiencing this sudden shouting tactic back in those days at all. If my memory serves me correctly, it was sometime around 2017 that I first experienced any of these entity attachments doing this. The pattern was basically the same back then as it is now. I would always experience these shouts when I was in bed, trying to sleep (whether at night or during the day while I was trying to rest on my day off from work).

Just as they are now, these initial “shout attacks” that I experienced were akin to being punched by a voice. The sudden and loud shout seemed to send a jolt or shock-wave through my body. As soon as I began experiencing these shouts, needless to say. I found it to be a quite unsettling experience. However, these disturbing shouting incidents were so infrequent at first, that it would still be some time before I began to consider them as part of the routine of harassment tactics employed by these intruding entities.

Throughout 2018, I would still get hit with these “shout assaults” every now and again. Yet, it was still quite infrequent and I still didn’t come to regard such occurrences as a regular tactic that I was seeing used.

However, by the Spring of 2019 and especially throughout that Summer, things had changed. By then, the shouts became a frequent occurrence. Quite often, the shouts were so sudden it was hard for me to tell if it was coming from a voice that I recognized from earlier on in my attachment situation. But, sometimes I could make out that it was the voice of Crystal.

However, as this became more and more of a frequent occurrence, I noticed that these shouts did seem to be coming from a mix of different voices. What is certainly worth noting about this is that around this time, I began to feel that the presence of different voices that I would hear on a regular basis began to diminish. The number of different and distinct voices became smaller and smaller and Crystal’s voice became more and more predominant in regards to this. I would say that these days, it is Crystal’s voice that I hear something like 95% of the time.

Recently, it seems that it is when I get hit with these shouts (mostly at night) that I occasionally notice a voice that sounds completely different from Crystal’s voice. Over the course of this past Summer (2019), I began to experience these shouting attacks quite often....almost nightly. I did recognize Crystal’s voice as being the main perpetrator of these shouts. However, I also began to notice that there were frequently some male voices that were shouting at me as well. These male voices are not around nearly as frequently as Crystal’s voice (Crystal’s voice is still more or less around all the time to one degree or another). Identifying and counting the exact number of voices that I hear has never been something that I’ve been very proficient at. I find that there’s still far too much obscurity and confusion looming over this whole situation for that. But, I would say that I observe that these days, Crystal’s voice is still very much attached to my life and that these other voices tend to show

up briefly every now and again, but do not seem to stick around from day to day like Crystal does.

January 25, 2020

12:20am

I'm just about to turn in for the night. I just took two doses of sleep-aid and I'm just sitting here waiting for it to kick in. I just heard Crystal's voice saying my name very clearly a few moments ago. I've also started feeling some physical sensations just now, as I sit here and write. It would seem that Crystal may be intent on escalating things here shortly. I'll have to wait and see.

Hearing Voices After EVP : 1/18/2020

January 18, 2020

11:40pm

I'm about to call it a day shortly. Though of course, whether or not my day is truly ended as far as my dealing with the intrusions of this spirit attachment (Crystal) is not entirely up to me.

There was no major incident so far today. I could hear Crystal's voice throughout the day. At times, she did begin hurling insults at me. This is how it is with her and hearing her voice. Of course, I have no real way of knowing if she is truly a she. I have heard this particular female voice since February of 2015. I heard her voice on my EVP recordings (as I was still involved with recording for EVP at that time). It has always for the most part, sounded the same to me, yet her identity remains a mystery.

Her voice arrived on my recordings at the same time as other "negative" or "heckler" voices began to show up on my EVP recordings. Even then, she was one of the more prominent voices and she quickly grabbed my attention.

While I was still involved with recording, this female voice seemed intended to play mind games with me. This much I could tell right away. But, I wouldn't go so far as to call this voice hostile at that time. However, that would soon change. When I began hearing the negative voices outside of my recordings (beginning in the end of February, 2015). This female voice quickly became one of the most malicious and tormenting voices that I was hearing.

This female voice has generally, always sounded the same to me. This voice sounds like the voice of a young woman. She sounds young, but I don't mean like a child's voice. She sounds like a young woman, maybe in her late teens or early twenties. Her voice has always sounded the same (I would recognize this voice anywhere). However, I may hear her in a different manner on different occasions. Sometimes, her

voice may sound rather whispery. I often experience hearing her voice as if she were shouting at me in whispers. Other times, her voice will seem to have a high pitch quality to it. Other times, her voice may sound as if she were speaking from behind some kind of barrier. It is common for this voice to have some variation as far as volume, pitch.....and such characteristics. However, I always recognize it as the same voice. I have been hearing this particular younger sounding female voice since it emerged from out of my EVP recordings in 2015. I am not exaggerating when I say that I would pretty much recognize this voice anywhere.

For a long time, this female voice didn't identify herself with any specific name. Sometimes, I would hear her refer to herself as "#1". However, this voice seemed more interested in intruding into my life and tormenting the hell out of me rather than have me recognize her by any specific identity or name. That did eventually change however.

I can't recall exactly when it happened as far a specific date goes, but about roughly two years ago, I awoke very early one morning, probably around 4:00am. I wasn't awoken suddenly like this for any particular reason as far as I can remember. I wasn't awoken because of any harassment that she was inflicting on me just then. I wasn't awoken by a bad dream. I simply woke up suddenly to a dark room. Almost immediately, I heard this female voice as if it were right in front of me. I heard this voice say "it is Crystal, it is Crystal that is here with you."

Prior to this strange incident that morning (to the best of my recollection) I do not remember any of the voices that I had been hearing since 2015 (both on my EVP recordings or through this hijacked clairaudience) refer to themselves or even mention the name Crystal. Yet, every day since that morning, this female voice that I've been hearing so much, has identified herself with the name Crystal. She has never mentioned a last name.....just Crystal. She has yet to waiver from this since that morning.....so when discussing this spirit, this voice that I hear above all others.....Crystal it is.

At this point, it is almost completely just Crystal's voice that I hear. I say almost, because occasionally I will hear other voices that do not sound like Crystal.....voices that I do not recognize. Such an incident just occurred the other night. I was in bed, trying to sleep. I was hearing Crystal's voice speaking to me (as usual), but mixing in with Crystal's voice, there was another voice that seemed to be present.....a voice that did not sound quite human at all.

That's another thing that I should mention. I am not certain what kind of being or spirit Crystal is. I am not certain of her origins. Since the early days of my attachment situation, I have heard her make various claims about this. However, that is the issue right there, she has made various claims. These claims about who she is exactly, are not consistent and in some ways, they do not seem to align at all.

For the most part, I would say that yes, her voice does sound like a human voice to me. However, (like I had previously mentioned) there are frequent occasions where her voice will take on some strange characteristics, such as having a higher pitch to it. Her behavior, is another perplexing subject all on its own. This will be a topic that I will try to discuss in depth on this blog.

Hearing Voices After EVP : 1/17/2020

January 17, 2020

Today marks a significant anniversary in my spirit attachment situation. On this date five years ago (January 17, 2015) I did an EVP recording session where I captured my first EVPs (voices on my recordings). It was a recording session that I did in the early afternoon of that bright, Sunny and chill Saturday in Winter. It was a recording session that I did in a spare bedroom in my old house, two towns over to where I'm living now. During this particular recording session, I asked three separate questions. As soon as I finished the session, I went into my own bedroom, sat in my recliner chair and played the recording back, listening attentively for anything that I may have captured. At the time of this recording session, I had been doing EVP recording sessions on a regular basis for about two weeks. In those first two weeks of this endeavor, every time that I played the recordings back, I heard nothing.....absolutely nothing in regards to any kind of mysterious replies or acknowledgement.

If I recall correctly, I was reaching a point where I was most likely going to abandon this project very soon. I began recording for EVP out of curiosity and after two weeks of capturing nothing, I found my sense of curiosity starting to diminish. It simply didn't seem like I was getting anywhere with this. I could tell myself that this was something that I experimented with, but that it just never materialized into anything. Yet, there I was that afternoon of January 17th, doing another recording session and this session would turn out to be very different from my previous attempts.

Upon playing back the recording and listening.....after I asked my first question, I heard something.....a very deep.....very deep robotic sounding voice say "Ok" as a reply. After my second question, I heard a whispery voice say "No". I played the recording back again a few times. For me, there was no mistaking it. I had captured voices on my recording and they were also intelligent replies that corresponded to the specific questions that I had asked. I immediately was hit with a strong feeling of curiosity and fascination. Whatever this phenomenon was, it was real. Having captured these disembodied voices on recording that day, I wanted to see if I could capture more. So, in the days that followed, I began to conduct more and more recording sessions.....and I began to hear more voices on my recordings.

That afternoon of the 17th of January, I had no way of knowing that what I had just experienced would have an enormous impact on my life. I had heard voices that day.....yes. But, on that day, I probably could not have envisioned what was to follow.....that in less than two months, some of these voices that I was hearing on my recordings, I would be hearing outside of the recordings in a most intrusive and horrifying manner.

On the 17th of January, I set out to see if I could hear voices from the beyond. Within three months of this date, I would be getting bombarded by malicious voices around the clock and the world as I had always known it was turned upside down. It would be a tough struggle to get back to my old life and all of these events began that one Winter's afternoon in the month of January.

Spirit Attachment : Dreams and Dream Intrusions : 1/16/2020

January 16, 2020

11:45pm

I had a strange dream last night (or in the early morning hours I should say). I don't remember much of the details. But, I do recall that it was a rather unsettling dream. It was unsettling enough to awaken me suddenly. When I awoke, I reached over to grab my phone and check the time.....it was 6:45am. Just then, I heard the voice of Crystal make some comment about the dream. I had the impression that she had seen the whole thing, as if she had seen my dream as if watching a movie on a television screen....or perhaps, as if she were tapped into my mind and had experienced the dream just as I had. This just serves to further the impression that I have often, that Crystal has some kind of telepathic wiretap capable of knowing and hearing all of my thoughts.

Even though this was a rather strange dream, I do not think that this was a dream that was orchestrated or meddled with by Crystal directly. I've experienced quite a few disturbing dream incidents since my spirit attachment situation began after I had been experimenting with EVP recording in 2015. At this point, I do believe I recognize much better, the differences between a dream from these attachments and a dream that is not.

That Spring and Summer, which were the worst day of my oppression, I remember experiencing a number of very unsettling dreams that led me to believe that these spirit attachments did indeed have the ability (at least at times) to intrude or even create these kind of dreams.

I remember one dream in particular that Summer, where I was being chased across a field by a rather ferocious looking Rottweiler while hearing Crystal's voice (the same as I hear it today) mocking me and laughing at me. As time went on, more of these rather suspicious and disturbing dreams were to follow.

Then for a time, I would have dreams where I was dreaming that I was in bed dreaming. A kind of dream within a dream effect was created where the line between different states of consciousness (being awake, being asleep or somewhere in between) became very blurred. Yet always Crystal's voice was there.

In these situations, I would hear her voice before I fell asleep, then hear her voice speaking within the dream, and then hear her voice right as I woke up. It was as if there was no pause, no break in her talking between all of these states of consciousness. It was as if her voice would just continue talking on and on.....uninterrupted.

I do not believe that last night's dream was orchestrated by Crystal. I have the impression that she spied on it yes, but I do not think that she was the cause of it. I'm no expert in analyzing dreams, but this particular dream seemed like a regular old bad dream to me. It can get murky and hard to pin down, but after having such

experiences over all this time, I do believe that I see some consistent differences from regular dreams and dreams that I suspect originate from these spirit attachments (or at this point in my attachment situation.....just Crystal). A strange one in particular is the exact timing of the dream. I've never been on to remember my dreams very well, but it seems that it is quite common for me to have my regular dreams after I have been asleep for a few hours (for example, this last dream, where I woke up suddenly from it at 6:45am).

However, with the suspicious dreams that I suspect are orchestrated or manipulated by these spirit attachments, they seem to occur much closer to the time of when I go to bed and fall asleep. In fact, I'd say that many of these suspicious dreams tend to occur within mere minutes from when I enter a state of being asleep. Sometimes, it even seems that I'll have these dreams before I am fully asleep, as if I'm having them in a state where I'm between being awake and being asleep. A blurred sense of the boundary of being asleep and still being awake is a common feature to many of these suspicious dreams that I experience. These difference were probably nothing that I gave much attention to before the start of my attachment situation in 2015, but it is something that is much more noticeable to me now, for I can sense Crystal operating within all of these different states of consciousness.

Astral Oppression : Hearing Voices and Physical Intrusions : 1/12-15/2020

January 12, 2020

9:40pm

This entity attachment (the female voice that calls herself Crystal) has been quite belligerent as far as what I've been hearing her say today. It's been one of those days when she's mainly been hurling insults at me. Yet all in all, the strength of her voice has been fairly mild for most of the day. However, if she sticks to the pattern of her behavior from last week, she might be escalating things tonight once I get into bed and try to sleep.

Last night (early morning), Crystal attacked me with her (now quite regular) shouting tactic, as well as intensified physical sensations. She probably prevented me from falling asleep for close to two hours.

I felt quite fatigued for a few hours this morning, though for most of the day I felt fine.

One thing that really stands out in my mind from last night's attack is how clear her voice sounded when she was shouting at me. Her voice sounded clear as day, as if there was an in-the-flesh person right there in the room with me shouting in my ears.

The lack of a full night of sleep last night should contribute to me falling asleep more quickly tonight, but I'll have to see how it goes.

January 13, 2020

11:00pm

I'm about to turn in for the night shortly. I'm not sure how things will go tonight. Last night, it seemed for a time that it was going to be another night where I experienced some heavy harassment from Crystal. For a time, she seemed to be intensifying the physical sensations. I thought it might be another night where I would be kept awake by this harassment for a couple of hours.

I did linger in that in-between state (between being awake and asleep). Luckily, I managed to fall asleep before too long.

So, last week I experienced some heavier attacks from Crystal. It was a combination of voice and physical harassment. Yet, in these instances it was the physical harassment that became much more intense than usual. On most nights, I'm getting hit with a combination of voice harassment and physical harassment, but sometimes the intensity of one of these far supersedes the other. The three intense attacks within the last week are an example of this.

January 15, 2020

11:00pm

I went to traffic court yesterday and finally got this nonsense involving a situation my old car over with. This situation has been quite stressful to me for the past two weeks and I very much suspect that Crystal was taking advantage of the situation. I was worried quite a bit over whether or not I would have to pay a heavy fine. In the end I had to pay a moderate fine, not heavy, but moderate.

The worrying was really starting to get to me. Last week, there were a few nights when I had trouble falling asleep because I could not stop thinking about this court situation. Throw in Crystal's nightly harassment on top of that and sure enough, I experienced a few very rough nights last week. During that week, I experienced at least three full-blown attacks Crystal was hitting me with voice harassment and a level of physical harassment as well. The physical harassment in particular was quite intense, more intense than I've experienced in quite a while.

I suspect that all the strain and fatigue that I was dealing with in regards to this court situation, left me quite vulnerable to Crystal's intrusions and harassment. All of that anxiety seemed to feed her and give her strength, so that her presence had more of an effect on me. Hopefully, now with this traffic court ordeal done and over with, these more frequent and escalated nightly attacks will come to an end.

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